

Meal Plan - 2300 calorie intermittent fasting pescetarian meal plan



[Grocery List](#) [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#) [Recipes](#)

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

2233 cals ● 164g protein (29%) ● 55g fat (22%) ● 243g carbs (44%) ● 26g fiber (5%)

Lunch

1025 cals, 51g protein, 136g net carbs, 26g fat



[Peanut butter and jelly sandwich](#)

2 sandwich(es)- 763 cals



[Cottage cheese & fruit cup](#)

2 container- 261 cals

Dinner

1045 cals, 77g protein, 106g net carbs, 29g fat



[Fruit juice](#)

1 2/3 cup(s)- 191 cals



[Almond crusted tilapia](#)

8 oz- 565 cals



[Lentils](#)

289 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 2

2335 cals ● 235g protein (40%) ● 89g fat (34%) ● 123g carbs (21%) ● 26g fiber (4%)

Lunch

1125 cals, 122g protein, 16g net carbs, 60g fat



[Green beans with almonds & lemon](#)

277 cals



[Broiled tilapia](#)

20 oz- 850 cals

Dinner

1045 cals, 77g protein, 106g net carbs, 29g fat



[Fruit juice](#)

1 2/3 cup(s)- 191 cals



[Almond crusted tilapia](#)

8 oz- 565 cals



[Lentils](#)

289 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

Day 3

2267 cals ● 150g protein (26%) ● 78g fat (31%) ● 201g carbs (35%) ● 40g fiber (7%)

Lunch

1060 cals, 30g protein, 150g net carbs, 28g fat



Tomato and avocado salad
293 cals



Pasta with store-bought sauce
766 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Dinner

1045 cals, 84g protein, 50g net carbs, 49g fat



Fruit juice
1 1/2 cup(s)- 172 cals



Avocado tuna salad
873 cals

Day 4

2322 cals ● 181g protein (31%) ● 97g fat (38%) ● 154g carbs (27%) ● 27g fiber (5%)

Lunch

1115 cals, 61g protein, 103g net carbs, 47g fat



Spinach and goat cheese wrap
2 wrap(s)- 853 cals



Cottage cheese & fruit cup
2 container- 261 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Dinner

1045 cals, 84g protein, 50g net carbs, 49g fat



Fruit juice
1 1/2 cup(s)- 172 cals



Avocado tuna salad
873 cals

Day 5

2288 cals ● 144g protein (25%) ● 62g fat (25%) ● 227g carbs (40%) ● 61g fiber (11%)

Lunch

1050 cals, 44g protein, 89g net carbs, 43g fat



Chickpea & chickpea pasta
859 cals



Simple mixed greens and tomato salad
189 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Dinner

1075 cals, 64g protein, 136g net carbs, 19g fat



Lentils
260 cals



Simple Greek cucumber salad
281 cals



Bbq cauliflower wings
535 cals

Day 6

2344 cals ● 149g protein (25%) ● 50g fat (19%) ● 261g carbs (45%) ● 64g fiber (11%)

Lunch

1105 cals, 49g protein, 123g net carbs, 31g fat



Vegetarian chickpea sandwiches
3 sandwich(es)- 1028 cals



Simple mixed greens and tomato salad
76 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Dinner

1075 cals, 64g protein, 136g net carbs, 19g fat



Lentils
260 cals



Simple Greek cucumber salad
281 cals



Bbq cauliflower wings
535 cals

Day 7

2314 cals ● 157g protein (27%) ● 92g fat (36%) ● 155g carbs (27%) ● 58g fiber (10%)

Lunch

1105 cals, 49g protein, 123g net carbs, 31g fat



Vegetarian chickpea sandwiches
3 sandwich(es)- 1028 cals



Simple mixed greens and tomato salad
76 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Dinner

1045 cals, 72g protein, 31g net carbs, 61g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals



Tomato cucumber salad
141 cals



Roasted almonds
1/4 cup(s)- 222 cals

Fruits and Fruit Juices

- ☐ fruit juice
50 2/3 fl oz (1520mL)
- ☐ lemon juice
2 1/3 fl oz (70mL)
- ☐ avocados
3 1/2 avocado(s) (678g)
- ☐ lime juice
1 1/2 fl oz (46mL)

Nut and Seed Products

- ☐ almonds
1/4 lbs (125g)

Finfish and Shellfish Products

- ☐ tilapia, raw
2 1/4 lbs (1008g)
- ☐ canned tuna
5 1/2 can (946g)

Cereal Grains and Pasta

- ☐ all-purpose flour
1/2 cup(s) (55g)
- ☐ uncooked dry pasta
6 oz (171g)

Spices and Herbs

- ☐ salt
1 oz (24g)
- ☐ black pepper
5 g (5g)
- ☐ garlic powder
1/3 tsp (1g)
- ☐ dried dill weed
4 tsp (4g)
- ☐ red wine vinegar
2 tsp (10mL)

Fats and Oils

- ☐ olive oil
3 oz (92mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)
- ☐ oil
3/4 tbsp (11mL)

Sweets

- ☐ jelly
4 tbsp (84g)

Other

- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ mixed greens
10 3/4 cup (323g)
- ☐ roasted red peppers
4 tbsp, diced (56g)
- ☐ chickpea pasta
3 oz (85g)
- ☐ nutritional yeast
2 oz (62g)

Dairy and Egg Products

- ☐ butter
4 tsp (20g)
- ☐ cheese
4 tbsp, shredded (28g)
- ☐ goat cheese
4 tbsp (56g)
- ☐ nonfat greek yogurt, plain
1 cup (280g)

Vegetables and Vegetable Products

- ☐ fresh green beans
10 oz (283g)
- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (684g)
- ☐ onion
3 medium (2-1/2" dia) (308g)
- ☐ fresh spinach
2 cup(s) (60g)
- ☐ garlic
3 clove(s) (9g)
- ☐ red onion
5/6 medium (2-1/2" dia) (90g)
- ☐ cucumber
2 1/2 cucumber (8-1/4") (753g)
- ☐ cauliflower
4 head small (4" dia.) (1060g)
- ☐ raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ bell pepper
1 1/2 large (246g)

- ☐ salad dressing
1/4 lbs (131mL)
- ☐ mayonnaise
2 tbsp (30mL)

Beverages

- ☐ water
17 cup(s) (3989mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Legumes and Legume Products

- ☐ lentils, raw
1 1/2 cup (304g)
- ☐ peanut butter
2 tbsp (32g)
- ☐ chickpeas, canned
2 3/4 can(s) (1232g)

Baked Products

- ☐ bread
16 slice (512g)
- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
3/8 jar (24 oz) (252g)
- ☐ barbecue sauce
1 cup (286g)



Lunch 1 [↗](#)

Eat on day 1

Peanut butter and jelly sandwich

2 sandwich(es) - 763 cals ● 23g protein ● 21g fat ● 110g carbs ● 10g fiber



Makes 2 sandwich(es)

peanut butter

2 tbsp (32g)

bread

4 slice (128g)

jelly

4 tbsp (84g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 2 [↗](#)

Eat on day 2

Green beans with almonds & lemon

277 cals ● 9g protein ● 16g fat ● 14g carbs ● 10g fiber



butter

2 tsp (9g)

lemon juice

1 1/4 tsp (6mL)

almonds

2 1/2 tbsp, slivered (17g)

salt

1 1/4 dash (1g)

fresh green beans, trimmed

10 oz (283g)

1. Bring a large pot of water to a boil and add the green beans. Cook for about 4-6 minutes, until tender. Drain and transfer to a bowl.
2. Meanwhile, add the butter to a small skillet over medium heat and melt.
3. When sizzling, add almonds and cook for about a minute until almonds are lightly toasted.
4. Add the lemon juice and salt and stir, continuing to cook for about 30 more seconds.
5. Drizzle butter and almond mixture over green beans.
6. Serve.

Broiled tilapia

20 oz - 850 cals ● 113g protein ● 43g fat ● 2g carbs ● 1g fiber



Makes 20 oz

lemon juice

1 1/4 tbsp (19mL)

black pepper

5 dash, ground (1g)

tilapia, raw

1 1/4 lbs (560g)

olive oil

2 1/2 tbsp (38mL)

salt

5 dash (4g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

Lunch 3 [↗](#)

Eat on day 3

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion

1 1/4 tbsp minced (19g)

lime juice

1 1/4 tbsp (19mL)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

avocados, cubed

5/8 avocado(s) (126g)

tomatoes, diced

5/8 medium whole (2-3/5" dia) (77g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Pasta with store-bought sauce

766 cals ● 26g protein ● 6g fat ● 142g carbs ● 11g fiber



uncooked dry pasta

6 oz (171g)

pasta sauce

3/8 jar (24 oz) (252g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Lunch 4 [↗](#)

Eat on day 4

Spinach and goat cheese wrap

2 wrap(s) - 853 cals ● 33g protein ● 42g fat ● 77g carbs ● 8g fiber



Makes 2 wrap(s)

fresh spinach

2 cup(s) (60g)

tomatoes

8 cherry tomatoes (136g)

cheese

4 tbsp, shredded (28g)

balsamic vinaigrette

1 tbsp (15mL)

flour tortillas

2 tortilla (approx 10" dia) (144g)

roasted red peppers

4 tbsp, diced (56g)

goat cheese, crumbled

4 tbsp (56g)

1. Lay the tortilla out flat, and arrange the spinach across the tortilla. Sprinkle the cherry tomatoes, goat cheese, roasted red pepper, and shredded cheese evenly across the greens. Drizzle with balsamic vinaigrette.
2. Fold the bottom of the tortilla up about 2 inches to enclose the filling, and roll the wrap tightly.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Lunch 5 [↗](#)

Eat on day 5

Chickpea & chickpea pasta

859 cals ● 40g protein ● 31g fat ● 76g carbs ● 29g fiber



chickpea pasta
3 oz (85g)
oil
3/4 tbsp (11mL)
butter
3/4 tbsp (11g)
nutritional yeast
1/2 tbsp (2g)
onion, thinly sliced
3/4 medium (2-1/2" dia) (83g)
garlic, minced
3 clove(s) (9g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



mixed greens
3 3/4 cup (113g)
tomatoes
10 tbsp cherry tomatoes (93g)
salad dressing
1/4 cup (56mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Lunch 6 [↗](#)

Eat on day 6 and day 7

Vegetarian chickpea sandwiches

3 sandwich(es) - 1028 cals ● 47g protein ● 26g fat ● 118g carbs ● 33g fiber



For single meal:

mayonnaise
1 tbsp (15mL)
lemon juice
1 tbsp (15mL)
dried dill weed
1 tsp (1g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
bread
6 slice (192g)
chickpeas, canned
1 can(s) (448g)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)

For all 2 meals:

mayonnaise
2 tbsp (30mL)
lemon juice
2 tbsp (30mL)
dried dill weed
2 tsp (2g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
bread
12 slice (384g)
chickpeas, canned
2 can(s) (896g)
raw celery, chopped
2 stalk, medium (7-1/2" - 8" long) (80g)
onion, chopped
1 medium (2-1/2" dia) (110g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



For single meal:

fruit juice

13 1/3 fl oz (400mL)

For all 2 meals:

fruit juice

26 2/3 fl oz (800mL)

1. The recipe has no instructions.

Almond crusted tilapia

8 oz - 565 cals ● 54g protein ● 27g fat ● 21g carbs ● 5g fiber



For single meal:

almonds

1/3 cup, slivered (36g)

tilapia, raw

1/2 lbs (224g)

all-purpose flour

1/4 cup(s) (28g)

salt

1 1/3 dash (1g)

olive oil

2 tsp (10mL)

For all 2 meals:

almonds

2/3 cup, slivered (72g)

tilapia, raw

16 oz (448g)

all-purpose flour

1/2 cup(s) (55g)

salt

1/3 tsp (1g)

olive oil

4 tsp (20mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

water
3 1/3 cup(s) (790mL)
salt
1/4 tsp (1g)
lentils, raw, rinsed
13 1/3 tbsp (160g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Fruit juice

1 1/2 cup(s) - 172 cals ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



For single meal:

fruit juice
12 fl oz (360mL)

For all 2 meals:

fruit juice
24 fl oz (720mL)

1. The recipe has no instructions.

Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



For single meal:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)
onion, minced
1/2 small (35g)

For all 2 meals:

avocados
2 avocado(s) (402g)
lime juice
4 tsp (20mL)
salt
4 dash (2g)
black pepper
4 dash (0g)
mixed greens
4 cup (120g)
canned tuna
4 can (688g)
tomatoes
1 cup, chopped (180g)
onion, minced
1 small (70g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

water
3 cup(s) (711mL)
salt
1 1/2 dash (1g)
lentils, raw, rinsed
3/4 cup (144g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
1 tsp (1g)
red wine vinegar
1 tsp (5mL)
olive oil
1 tbsp (15mL)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

For all 2 meals:

nonfat greek yogurt, plain
1 cup (280g)
lemon juice
1 tbsp (15mL)
dried dill weed
2 tsp (2g)
red wine vinegar
2 tsp (10mL)
olive oil
2 tbsp (30mL)
red onion, thinly sliced
1/2 medium (2-1/2" dia) (55g)
cucumber, sliced into half moons
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Bbq cauliflower wings

535 cal ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
 2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
 3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
 4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
 5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
 6. Toss florets with the barbeque sauce. Serve.
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Dinner 4 [🔗](#)

Eat on day 7

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

avocados

3/4 avocado(s) (151g)

lime juice

1/2 tbsp (8mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

canned tuna, drained

1 1/2 can (258g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



salad dressing

2 tbsp (30mL)

red onion, thinly sliced

1/2 small (35g)

cucumber, thinly sliced

1/2 cucumber (8-1/4") (151g)

tomatoes, thinly sliced

1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. The recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

water

1 1/2 cup(s) (356mL)

For all 7 meals:

protein powder

10 1/2 scoop (1/3 cup ea) (326g)

water

10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.
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